

**Full Report (All Nutrients) 01237, Ice cream, bar or stick, chocolate covered**

**Report Date: July 16, 2017 17:21 EDT**

Nutrient values and weights are for edible portion.

Food Group : Dairy and Egg Products

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 bar 50g
<b>Proximates</b>					
Water	g	46.30	--	--	23.15
Energy	kcal	331	--	--	166
Energy	kJ	1386	--	--	693
Protein	g	4.10	--	--	2.05
Total lipid (fat)	g	24.10	--	--	12.05
Ash	g	1.00	--	--	0.50
Carbohydrate, by difference	g	24.50	--	--	12.25
Fiber, total dietary	g	0.8	--	--	0.4
Sugars, total	g	18.30	--	--	9.15
<b>Minerals</b>					
Calcium, Ca	mg	119	--	--	60
Iron, Fe	mg	0.29	--	--	0.14
Magnesium, Mg	mg	28	--	--	14
Phosphorus, P	mg	173	--	--	86
Potassium, K	mg	305	--	--	152
Sodium, Na	mg	68	--	--	34
Zinc, Zn	mg	0.82	--	--	0.41
Copper, Cu	mg	0.076	--	--	0.038
Manganese, Mn	mg	0.078	--	--	0.039
Selenium, Se	µg	2.4	--	--	1.2
<b>Vitamins</b>					
Vitamin C, total ascorbic acid	mg	0.0	--	--	0.0
Thiamin	mg	0.062	--	--	0.031

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 bar 50g
Riboflavin	mg	0.261	--	--	0.131
Niacin	mg	0.175	--	--	0.087
Pantothenic acid	mg	0.479	--	--	0.239
Vitamin B-6	mg	0.043	--	--	0.021
Folate, total	µg	7	--	--	4
Folic acid	µg	0	--	--	0
Folate, food	µg	7	--	--	4
Folate, DFE	µg	7	--	--	4
Choline, total	mg	29.7	--	--	14.8
Vitamin B-12	µg	0.49	--	--	0.24
Vitamin B-12, added	µg	0.00	--	--	0.00
Vitamin A, RAE	µg	19	--	--	10
Retinol	µg	15	--	--	8
Carotene, beta	µg	44	--	--	22
Carotene, alpha	µg	0	--	--	0
Cryptoxanthin, beta	µg	0	--	--	0
Vitamin A, IU	IU	123	--	--	62
Lycopene	µg	0	--	--	0
Lutein + zeaxanthin	µg	0	--	--	0
Vitamin E (alpha-tocopherol)	mg	0.42	--	--	0.21
Vitamin E, added	mg	0.00	--	--	0.00
Vitamin D (D2 + D3)	µg	0.2	--	--	0.1
Vitamin D3 (cholecalciferol)	µg	0.2	--	--	0.1
Vitamin D	IU	7	--	--	4
Vitamin K (phylloquinone)	µg	1.3	--	--	0.7
<b>Lipids</b>					
Fatty acids, total saturated	g	13.202	--	--	6.601
4:0	g	0.180	--	--	0.090
6:0	g	0.151	--	--	0.075
8:0	g	0.622	--	--	0.311
10:0	g	0.588	--	--	0.294
12:0	g	3.488	--	--	1.744
14:0	g	1.827	--	--	0.913

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 bar 50g
16:0	g	3.761	--	--	1.881
18:0	g	2.501	--	--	1.250
20:0	g	0.084	--	--	0.042
Fatty acids, total monounsaturated	g	6.387	--	--	3.193
16:1 undifferentiated	g	0.161	--	--	0.081
18:1 undifferentiated	g	6.226	--	--	3.113
20:1	g	0.000	--	--	0.000
22:1 undifferentiated	g	0.000	--	--	0.000
Fatty acids, total polyunsaturated	g	3.257	--	--	1.628
18:2 undifferentiated	g	2.974	--	--	1.487
18:3 undifferentiated	g	0.283	--	--	0.141
18:4	g	0.000	--	--	0.000
20:4 undifferentiated	g	0.000	--	--	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000
Cholesterol	mg	28	--	--	14
<b>Amino Acids</b>					
<b>Other</b>					
Alcohol, ethyl	g	0.0	--	--	0.0
Caffeine	mg	3	--	--	2
Theobromine	mg	32	--	--	16